

2025 ALTITUDE POLE WHANGANUI TIMETABLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Pole Level 4/5 10.00am
	Pole Level 1 11.00am					Flex 11.00am
						Pole Level 1 12.00pm
Beginner Pole Flow 4.00pm						
		Pole Level 2 5.00pm	Pole Level 1 5.00pm			
	Pole Level 4 6.00pm	Pole Level 1 6.00pm	Pole Level 2 6.00pm	Pole 3/4 Combos 6.00pm	Pole Level 1 6.00pm	
	Flex 7.00pm	Strength 7.00pm	Pole Level 3 7.00pm	Flex 7.00pm	Beginner Pole Flow 7.00pm	
			Pole Level 5 8.00pm	Inter Pole Flow 8.00pm	Pole 2/3 Combos 8.00pm	